

# Whānau influence on young people being active

Source: Active NZ 2024/25 data





**52% of young people** (aged 5 to 17) say spending time with whānau/friends is a top reason for being active. This is just behind 'for fun' as the top reason.



**88% of tamariki** (aged 5 to 11) **enjoy being active with whānau.**



Tamariki who like being active with their whānau are **more likely to meet physical activity guidelines.**



When **adults in the household want to be more active**, **68% of young people** also want to be more active - compared to 52% when adults do not.

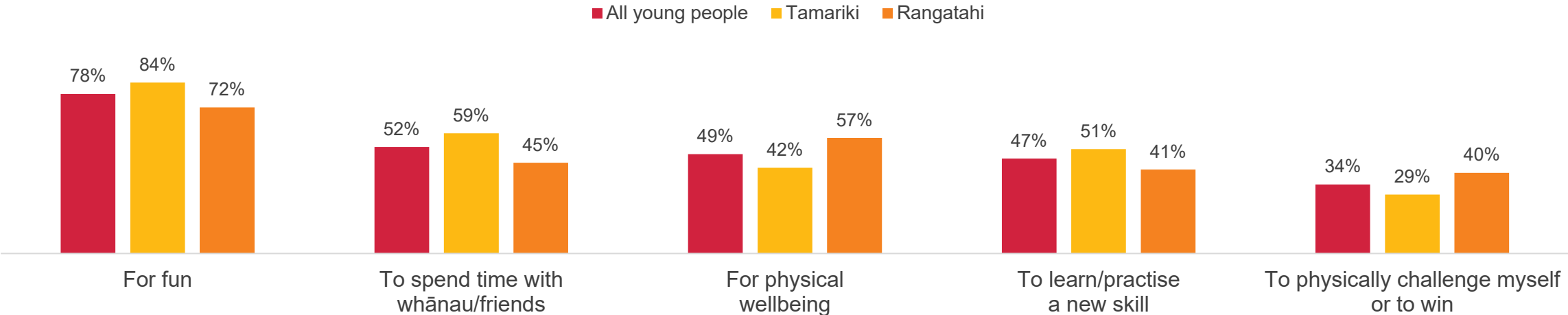




# Fun is the main driver for being physically active.

Main motivations for being active are for fun, spending time with whānau and friends and for physical wellbeing. More tamariki engage in physical activity to learn or practise a new skill, and more rangatahi are active to challenge themselves physically. While the motivators are mostly consistent between groups, learning and practising a new skill appears among the top three motivations for Pacific peoples (46%), Chinese (51%), Indian people (53%) and new migrants (43%).

Motivations for engaging in physical activity



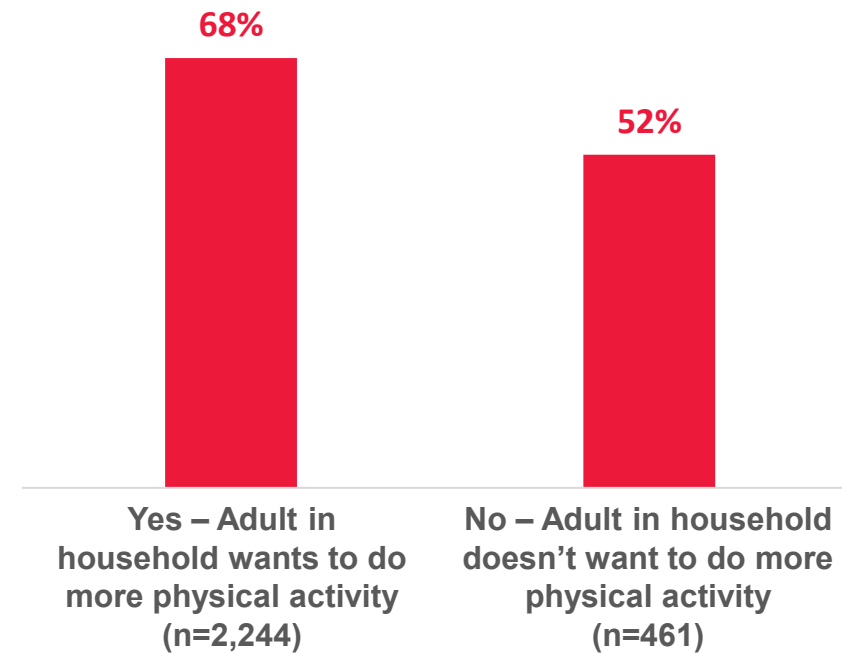
Source: Q26. Thinking about the most recent physical activity [you/child] have/has done, what were the main reasons [you/they] did this activity?  
All young people who have done physical activity in the past 7 days (2024/25 n=4,235). All tamariki who have done physical activity in the past 7 days (2024/25 n=2,114).  
All rangatahi who have done physical activity in the past 7 days (2024/25 n=2,121).  
Note: This is a new question asked for the first time in 2024/25.

# A clear association can be seen between adult and youth motivation for physical activity.

For the first time this year, we explored the relationship between adults and young people by matching survey responses from those with an adult <sup>11</sup> in the same household.

Young people are more likely to want to be active when an adult in their household has the same desire.

% Young people who want to be doing more physical activity by an adult's desire to do more physical activity



Source: Q22 Would like to be doing more physical activity.

Base: Young people aged 5 to 17 living with an adult who also completed the questionnaire (2024/25 n=2,705).

<sup>11</sup> The adult is not necessarily the parent of the young person in their household. We have only included the beliefs of young people in the model if an adult in the same household also completed the questionnaire.

# Want to learn more?

Full Active NZ report will be available on  
[sportnz.org.nz](http://sportnz.org.nz) in late October